



2014 Employee Health Education Program

Understanding Your Health Questionnaire

Instructions: Answer the following questions after reviewing the Understanding Your Health module. Send completed questionnaire via mail, fax, or email for Health Reward Points to:

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Name _____

Phone _____

Email _____

Please circle the correct answer

1. What are the drivers of healthcare spending?

- A. Medical Technology
- B. Rise in Chronic Diseases
- C. Administration and Delivery of Care
- D. All of the Above

2. What does the average hospital stay cost?

- A. \$1,200
- B. \$3,500
- C. \$10,000
- D. \$15,611

3. You pay \$0 copay for preventive screenings and immunizations

True

False

4. By participating in Anthem Healthy Lifestyles, employees can:

- A. Complete the Health Assessment Tool called the "Well-Being Assessment"
- B. Create a well-being plan based on the results of your personal goals
- C. Get access to wellness resources, including videos, articles, recipes and more
- D. Connect with people who have the same goals
- E. All of the Above

Additional Questions on Next Page...

5. The Compass SmartShopper Program is a service offered to state employees and dependents that are currently enrolled in the Health Benefit Plan that provides cost information for healthcare facilities in your area. By using a more cost-effective provider for common medical procedures and diagnostic tests, you can help control health care costs and receive financial incentive rewards.

True

False

6. The State Employee Assistance Program Provides

- A. Employee/Family Services
- B. Educational Programs
- C. Management Services
- D. All of the Above

7. Name three things you learned from this module that helped you understand your health and benefits?

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